



# Centre for ADHD and Autism Support

Our mission is to support, educate and empower ADHD/Autistic individuals, their families, and the community in North West London.

Through raising awareness we change perceptions and break down barriers



[www.adhdandautism.org](http://www.adhdandautism.org) | Charity Registration No. 1193799



# About Us

Founded in 1996, CAAS has over 25 years of experience, and has an excellent reputation for the provision of high-quality services to ADHD/Autistic individuals and their families in North West London.

With qualified staff with personal experience, and through talking and listening to ADHD/autistic people, we have a deep understanding of the support needs of our beneficiaries.

50% of our Trustee Board have personal experience of ADHD/autism as do 2/3 of our Senior Leadership Team and 70% of our staff team. This lived experience means we can relate to and empathise with those who access our services, and it complements our academic research and our involvement work with our service users to ensure a fully rounded, effective and evidence-based programme of support.



# Why we are needed

ADHD children and young people are more likely to drop out of school years earlier than their peers, and are at 100 times greater risk of being permanently excluded from school

4,500 autistic pupils are excluded every year, and are twice as likely to be bullied

70% of autistic adults say they are not getting the help they need from social services



Only 22% of autistic adults are in paid employment, and one in three autistic adults are experiencing severe mental health difficulties due to a lack of support

ADHD among people in the Criminal Justice System is around ten times that of the general population, with around 25% of adults in prison having ADHD



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# Our Aims

## Support

We provide support in a safe and non-judgemental environment.

We provide a comprehensive service that acknowledges that people need support pre and post-diagnosis

## Educate

Understanding and increased awareness come through education.

CAAS offers training using skilled support workers, specialist courses, specialised workshops, conferences and a comprehensive lending library

## Empower

Feeling empowered can break down barriers and encourage positivity about the future.

Through support and education, we empower those who use our services to be more confident and independent, enabling them to reach their full potential



# What we do



In 2021-22 CAAS supported over 3,500 beneficiaries compared to 560 in 2018. Originally based in Harrow, we now provide services to 8 boroughs in North West London

We provide a range of over 40 different services including:

- Individual support
- Drop-in support groups
- Specialist parenting courses
- Workshops
- Training
- Counselling
- Drama therapy
- Social groups



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# Impact

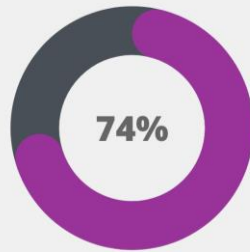
In the year 2021 – 22

On average CAAS saw 58 new clients per month



and supported more than 1,000 people at our centre

CAAS saw a 74% increase in support provided to autistic adults



CAAS worked with 210 young people!



We facilitated more than 5,500 attendances for support - a massive 45% increase on prior year



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# What our clients say

“

Absolutely amazing service. So much information, help and support received.

“

The support has been invaluable, their knowledge, commitment, and non-judgemental professional yet friendly approach are priceless and have had and continue to make a such a monumental difference that words don't quantify or pay it justice.

“

CAAS go above and beyond to be helpful and supportive. We were offered invaluable additional help after attending a course, and were helped with tactics, giving us different perspectives on the difficulties we were facing. We feel really lucky to have been supported by CAAS - Thank you!

“

You are in the right place - when we don't know what to do, we come here and we go away with a plan, or some ideas and hope. So we feel better and less hopeless. Thank you.



# How you can help

**Fundraise for us. Host a cake sale, hold a team sponsored walk or run an office quiz night. Check out our website for ideas**

**Make us your charity of the year – we can support your fundraising activity**

**Make a donation [here](#)**

**Donate a proportion of your sales**

**Sponsor one of our groups or activities**



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# How your help will make a difference

- We need your help to:

Grow our numbers of support staff – it costs more than £750 per week to employ one person to provide direct support to neurodiverse young people and their families

Grow our reach – we have an ambition to reach even more people who need us, from a wider range of communities, so that everyone can find us when they need us

Grow our impact – currently more than 70% of people who we support tell us that their confidence has grown and their mental wellbeing has improved – help us make that higher

Grow understanding and awareness – we offer a highly regarded training service to professions in education, statutory and voluntary organisations, but we want to do more, more often, so that more ADHD/Autistic people receive the adjustments and support they need from more organisations to live their life well



Centre for ADHD  
& Autism Support



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# Funding

It costs more than £2,000 a day to keep our services running, and we can't do it without you.

We are lucky to have some amazing funders, who we've been proud to work with. Will you join them?



**Frustrated  
Communication**





# Thank you for allowing us to share our story with you

Please contact [fundraising@adhdandautism.org](mailto:fundraising@adhdandautism.org) for more information or to offer your support



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